



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09002, Acerola juice, raw

Report Date: May 27, 2017 19:25 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 242g	1 fl oz 30.2g
Proximates						
Water	g	94.30	--	--	228.21	28.48
Energy	kcal	23	--	--	56	7
Energy	kJ	96	--	--	232	29
Protein	g	0.40	--	--	0.97	0.12
Total lipid (fat)	g	0.30	--	--	0.73	0.09
Ash	g	0.20	--	--	0.48	0.06
Carbohydrate, by difference	g	4.80	--	--	11.62	1.45
Fiber, total dietary	g	0.3	--	--	0.7	0.1
Sugars, total	g	4.50	--	--	10.89	1.36
Minerals						
Calcium, Ca	mg	10	--	--	24	3
Iron, Fe	mg	0.50	--	--	1.21	0.15
Magnesium, Mg	mg	12	--	--	29	4
Phosphorus, P	mg	9	--	--	22	3
Potassium, K	mg	97	--	--	235	29
Sodium, Na	mg	3	--	--	7	1
Zinc, Zn	mg	0.10	--	--	0.24	0.03
Copper, Cu	mg	0.086	--	--	0.208	0.026
Selenium, Se	µg	0.1	--	--	0.2	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	1600.0	--	--	3872.0	483.2
Thiamin	mg	0.020	--	--	0.048	0.006

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 242g	1 fl oz 30.2g
Riboflavin	mg	0.060	--	--	0.145	0.018
Niacin	mg	0.400	--	--	0.968	0.121
Pantothenic acid	mg	0.205	--	--	0.496	0.062
Vitamin B-6	mg	0.004	--	--	0.010	0.001
Folate, total	µg	14	--	--	34	4
Folic acid	µg	0	--	--	0	0
Folate, food	µg	14	--	--	34	4
Folate, DFE	µg	14	--	--	34	4
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	25	--	--	60	8
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	305	--	--	738	92
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	509	--	--	1232	154
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	17	--	--	41	5
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	0.44	0.05
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin K (phylloquinone)	µg	1.4	--	--	3.4	0.4
Lipids						
Fatty acids, total saturated	g	0.068	--	--	0.165	0.021
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.002	--	--	0.005	0.001
16:0	g	0.048	--	--	0.116	0.014
18:0	g	0.016	--	--	0.039	0.005
Fatty acids, total monounsaturated	g	0.082	--	--	0.198	0.025
16:1 undifferentiated	g	0.001	--	--	0.002	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 242g	1 fl oz 30.2g
18:1 undifferentiated	g	0.081	--	--	0.196	0.024
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.090	--	--	0.218	0.027
18:2 undifferentiated	g	0.046	--	--	0.111	0.014
18:3 undifferentiated	g	0.044	--	--	0.106	0.013
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0